

Recipe Packet: Basic Chinese Cuisine – Week Two

Kung Pao Chicken

Serves 4-6

- 1 tablespoon soy sauce
- 2 teaspoons Chinese rice wine or dry sherry
- 1 1/2 teaspoons cornstarch
- 1 pound boneless, skinless, chicken breasts or thighs, cut into 1-inch cubes
- 1 tablespoon Chinese black vinegar
- 1 teaspoon light soy sauce
- 1 teaspoon hoisin sauce
- 1 teaspoon sesame oil
- 2 teaspoons sugar
- 1 teaspoon cornstarch
- 1/2 teaspoon ground Sichuan pepper
- 2 tablespoons vegetable oil
- 8 to 10 dried red chilies
- 3 scallions, white and green parts separated, thinly sliced
- 2 garlic cloves, minced
- 1 teaspoon minced or grated fresh ginger
- 1/4 cup unsalted dry-roasted peanuts

In a medium bowl, stir together the soy sauce, rice wine, and cornstarch until the cornstarch is dissolved. Add the chicken and stir gently to coat. Let stand at room temperature for 10 – 15 minutes, or enough time to prepare the rest of the ingredients.

In another bowl, combine the black vinegar, soy sauce, hoisin sauce, sesame oil, sugar, cornstarch, and Sichuan pepper. Stir until the sugar and cornstarch are dissolved and set aside.

Heat a wok or large skillet over medium-high heat until a bead of water sizzles and evaporates on contact. Add the peanut oil and swirl to coat the base. Add the chilies and stir-fry for about 30 seconds, or until the chilies have just begun to blacken and the oil is slightly fragrant (Note: You may need to turn on your stove's exhaust fan, because stir-frying dried chilies on high heat can get a little smoky). Add the chicken and stir-fry until no longer pink, 2 to 3 minutes.

Add the scallion whites, garlic, and ginger and stir-fry for about 30 seconds. Pour in the sauce and mix to coat the other ingredients. Stir in the peanuts and cook for another 1 to 2 minutes. Transfer to a serving plate, sprinkle the scallion greens on top, and serve with steamed rice.

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Egg Rolls

Makes 48-50 pieces

1 pound ground pork
1 tablespoon light soy sauce
1 teaspoon cornstarch
1/4 teaspoon sugar
freshly ground black pepper
2 to 3 cloves garlic, very finely minced
1/2 head of cabbage, shredded
3 carrots, peeled and shredded
1 teaspoon grated fresh ginger
10 fresh shiitake mushrooms, stems discarded and thinly sliced.
1 tablespoon vegetable oil
1 tablespoon Chinese rice wine
1 tablespoon soy sauce
1/4 teaspoon sugar
1/2 teaspoon kosher salt
1 teaspoon sesame oil
Freshly ground black pepper
50 Frozen Spring/Egg Roll Wrappers (about 2 packages), defrosted
1 tablespoon cornstarch (or flour) mixed with 1/4 cup of cool water to seal egg roll
Oil, for frying

To make the filling, combine the ground pork, soy sauce, cornstarch, sugar and black pepper together in a mixing bowl. Let the filling marinate at least 10 minutes.

Heat a wok or large sauté pan over medium-high heat. Add the oil and swirl to coat. Add the pork and stir-fry until no longer pink, about 2-3 minutes. Turn heat to medium-low, push the meat to one side of the pan. Add the garlic, cabbage, carrots, ginger and the mushrooms and stir-fry for 1 minute, until the vegetables are softened. Add the rice wine, soy sauce, sugar, sesame oil and black pepper. Continue to stir-fry for another minute. Scoop out the filling to a baking sheet and spread out to cool. Prop up one end of the baking sheet so that it tilts and will allow all the moisture to drain to one end. Let cool for 15 minutes.

Discard all of the accumulated juices. Use paper towels to blot the filling to rid of extra oil or juice.

Only use 1 heaping tablespoon of filling for each egg roll. These are slender egg rolls, the width of the egg roll should only be 1.25" diameter.

Keep the rolled egg rolls in neat, single layer and covered with plastic wrap to prevent drying. If you want to stack the egg rolls, make sure you have layer of parchment paper in between the layers to prevent sticking. Keep wrappers also covered with plastic wrap to prevent drying. Refrigerate up to 4 hours until ready to fry or freeze

To fry the egg rolls, fill a wok or pot with 2 inches of high-heat cooking oil. Heat the oil to

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350°F (175°C) or until a cube of bread will fry to golden brown within 10 seconds. Gently slide in or lower the egg rolls, frying 4 to 6 at a time, turning occasionally until golden brown about 1½ minutes. Place on wire rack to drain and cool.

NOTE: To fry frozen egg rolls, do not defrost the egg rolls – just add them to the oil frozen, frying 4 to 6 at a time. Add an additional 1½ minutes to the frying time since they are frozen.

Plum Sauce

Makes about 4 cups

8 cups plums, pitted, halved (about 3 pounds)
1 cup onion, chopped
1 cup water
1 teaspoon fresh ginger, peeled and minced
1 clove garlic, peeled and minced
¾ cup sugar
½ cup rice vinegar or cider vinegar
1 teaspoon ground coriander
½ teaspoon kosher salt
½ teaspoon cinnamon
¼ teaspoon cayenne pepper
¼ teaspoon ground clove

In large heavy saucepan, bring plums, onions, water, ginger and garlic to boil over medium heat; cover, reduce heat to low and simmer, stirring occasionally, until plums and onions are very tender, about 30 minutes.

Press through food mill or sieve and return to clean pan; stir in sugar, vinegar, coriander, salt, cinnamon, pepper and cloves.

Bring to boil, stirring; reduce heat to low and simmer until mixture reaches consistency of applesauce, about 45 minutes.